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Wednesday



Ed McMahon, left, was Johnny Carson's sidekick.

Second, Best: Beloved McMahon dies at age 86 | 25

Harder Line: Obama gets tougher on Iran violence | 3

First Step: Williams wins in Wimbledon opener | 16

lookout

Robots in Disarray:

'Transformers: Revenge of the Fallen' is a jarring failure.

>> 24-35



A PRAYER FOR VICTIMS: Metro employee Lauren Semper-Scott participates in Tuesday's memorial in Northwest D.C. for the victims of Monday's fatal collision.

NTSB: Train Was Unsafe

Safety officials urged Metro to replace older trains in 2006

WASHINGTON | Investigators looking into the deadly crash of two Metro transit trains focused Tuesday on why a computerized system failed to halt an oncoming train, and why the train failed to stop even though the emergency brake was pressed.

At the time of the crash, the train was also operating in automatic mode, meaning it was controlled primarily by computer. In that mode, the operator's main job is to open and close the doors, and respond in

case of an emergency.

Debbie Hersman, an investigator with the National Transportation Safety Board, said it was unclear if the emergency brake was actually engaged when Monday's crash occurred. But the mushroom-shaped button that activates it was found pushed down in the operator's compartment.

Crews spent Tuesday pulling apart the

Sounds of horror: Shaken riders relive the frightful moments during Metro's deadly accident | Page 10

trains' wreckage and searching for victims' bodies. And authorities worked to determine why the train's safeguards apparently did not kick in.

NTSB also revealed that an old train involved in the crash should have been replaced because of safety concerns. Hersman said that despite NTSB's warnings in 2006, the transit system kept the old trains running, which NTSB considered "unacceptable." **BRIAN WITTE (AP)**



HAVE YOU EVER FEARED FOR YOUR SAFETY WHILE RIDING ON THE METRO? YES NO

NOTE: ATTACHED DOCUMENTS ARE IN PDF FORMAT. IF YOUR DEVICE IS UNABLE TO OPEN PDF FILES, YOU MAY NEED TO DOWNLOAD A PDF READER.



WEDNESDAY
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THURSDAY
93 | 73

eyeopeners

JOBS

Woman Perfect for All Your Valet Needs

Police in Syracuse, N.Y., said a woman who was annoyed that a police car was blocking her car first called 911 and then vandalized the squad car Saturday. After calling 911 and asking officers who were already in the area, she keyed the patrol car when it wasn't moved quickly enough. Police found gouges on the car, and the woman was charged with criminal mischief. (AP)



MESSAGES

Man to Tweet Pot Order Next Time

A man in Salem, N.J., who allegedly wanted to buy some marijuana was arrested after he mistakenly sent a text message to a police officer this week. Salem Police Cpl. Christopher Pew was off duty when he received the message. He agreed to meet the texter at a local shopping center, which eventually led to the arrest. (AP)



CELEBRATIONS

'It's Dark; Let's Get Hypothermia'

An expeditioner jumps into an ice hole to celebrate the winter solstice at Davis Station in the Australian Antarctic Territory on Sunday. With air temperatures hovering around 9.4 degrees F below zero, the station's scientists and winter crew marked the shortest day of the year with a dip in the polar waters and then a hot dinner. (EXPRESS)

JUSTICE

Fashion Police Ticket All Involved

A Mount Vernon, Wash., teen who balked at paying for a set of inch-long, pumpkin-orange fake fingernails in a dispute at a salon said a nail technician grabbed her and tried to pry the nails off. The technician said she and the customer argued over the nails' design, and the girl tried to leave without paying, but that the dispute was strictly verbal. Once a police officer arrived, the 13-year-old and her mother agreed to pay \$10. (AP)

SPORTS

"He did not even realize he was driving the golf cart on the road until he saw the squad with lights behind him."

— A POLICE REPORT RECOUNTING THE CASE OF A RICHFIELD, WIS., MAN WHO DECIDED TO DRIVE 40 MILES HOME FROM A GOLF COURSE AFTER DRINKING AT LEAST 10 BEERS.

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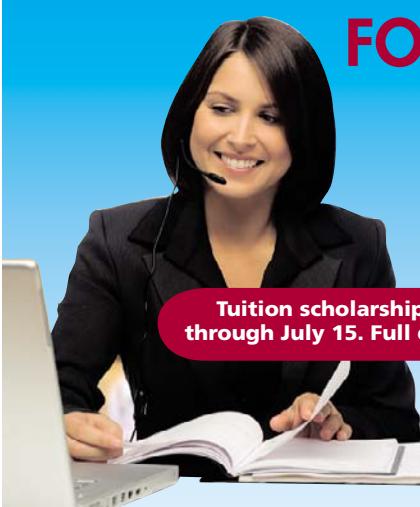
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Age Trend Being Felt Worldwide

Census: 65-and-over population will likely triple by mid-century

WASHINGTON | The world's 65-and-older population will triple by mid-century to one in six people, leaving the U.S. and other nations

struggling to support the elderly.

The number of senior citizens has already jumped 23 percent since 2000, to 516 million, according to U.S. census estimates released on Tuesday.

The world's population has been graying for many years due to declining births and medical advances. As the fastest-growing age group, seniors now make up just under 8 percent of the world's 6.8 billion people. But demographers warn the biggest shift is yet to come. They cite a coming wave of retirements from baby boomers and China's Red Guard generation that will shrink pensions and add to rising health care costs.

HOPE YEN (AP)

13

The percentage of U.S. residents who are age 65 or older. That amount could double by mid-century.

Estimates released on Tuesday.

He suggested Iran's leaders will face consequences if they continue "the threats, the beatings and imprisonments" against protesters. But he repeatedly declined to say what actions the U.S. might take, retaining — for now — the option of pursuing diplomatic engagement with Iran's leaders

President condemns violence, says results of election in question

WASHINGTON | Dramatically hardening the U.S. reaction to Iran's disputed elections and bloody aftermath, President Obama condemned the violence against protesters Tuesday and lent his strongest support yet to their accusations that the hardline victory was a fraud.

Obama, who has been accused by some Republicans of being too timid in his response to events in Iran, declared himself "appalled and outraged" by the deaths and intimidation in Tehran's streets — and scoffed at suggestions he was toughening his rhetoric in response to the criticism.

He suggested Iran's leaders will face consequences if they continue "the threats, the beatings and imprisonments" against protesters. But he repeatedly declined to say what actions the U.S. might take, retaining — for now — the option of pursuing diplomatic engagement with Iran's leaders



PETS **Having Children Now Unnecessary** So much for Rover and Fido. Almost half of American pet owners gave an animal a human-like name, according to an Associated Press-Petside.com poll of pet owners released Tuesday. Some of the more unusual names were Hollywood and Chichi Mittens, both cats; Jibber Jack the dog; a Beagle named Talulblue; and Louis XIV, a Yorkie. In all, 49 percent of respondents, including 51 percent of dog owners and 50 percent of cat owners, had given at least one of their pets a human name. (AP)

Obama Toughens Rhetoric on Iran



recognize that there is a peaceful path that will lead to stability and legitimacy and prosperity for the Iranian people."

Obama borrowed language from struggles throughout history against oppressive governments to condemn the efforts by Iran's rulers to crush dissent in the wake of June 12 presidential elections.

"No iron fist is strong enough to shut off the world from bearing witness to peaceful protests of justice," he said during a nearly hour-long news conference. "Those who stand up for justice are always on the right side of history."

Obama was plainer than ever that the protesters' beliefs that the election was stolen from Mir Hossein Mousavi may be legitimate.

"We can't say definitively what exactly happened at polling places throughout the country," Obama said. "What we know is that a sizable percentage of the Iranian people themselves ... consider this election illegitimate. It's not an isolated instance, a little grumbling here or there. There is significant question about the legitimacy of the election." JENNIFER LOVEN (AP)

President Obama on Tuesday said the U.S. is "appalled and outraged" by the violence and intimidation of protesters in Iran in the wake of the presidential election.

“No iron fist is strong enough to shut off the world from bearing witness to peaceful protests of justice. Those who stand up for justice are always on the right side of history.”

over its suspected nuclear weapons program.

"We don't know yet how this

thing is going to play out," the president said. "It is not too late for the Iranian government to

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Nation

For Lost Boy, TV Is Guide

Child emulates show
'Man vs. Wild' while
waiting to be rescued

SALT LAKE CITY | When he realized he'd been separated from his family on a weekend hike in a northern Utah forest, 9-year-old Grayson Wynne's thoughts turned to television.

Grayson watches "Man vs. Wild" on the Discovery Channel every week with his brothers and his dad. On the show, host Bear Grylls strands himself in the wilderness and then shows viewers how to survive.

That's where Grayson says he learned to leave clues behind to help searchers find him.

On Saturday, when he was scared and alone in Ashley National Forest, Grayson started tearing up his yellow rain slicker, despite the intermittent downpours, and tying pieces to trees.

"I just used my hands," said Grayson, who was found Sunday after spending 18 hours in the forest. "I don't know how many times I tore the thing, but quite a lot."



Grayson Wynne, 9, is reunited with his father, Kynan Wynne, after Grayson was found Sunday in Ashley National Forest. Grayson spent 18 hours alone in the forest.

Grayson was among a party of about 15 family members that left Saturday from the Spirit Lake trailhead in Daggett County. The group stopped to tighten a saddle on a horse at some point, said Grayson's dad, Kynan Wynne. But Grayson didn't realize it and went ahead of the pack before diverting onto a smaller trail.

Grayson created a small shelter

overnight under a fallen tree. The next day, he decided to follow a creek in hopes of finding help.

When Grayson heard a helicopter overhead, he ran into a meadow and waved the last piece of his jacket. But two searchers on horseback saw him first.

"It was such a good feeling that I was going to be all right," Grayson said. ELIZABETH WHITE (AP)



ANIMALS 'No, I'm Not Counting Them Again' A New Mexico woman with an affinity for rabbits has run afoul of the law after her rascally pets started multiplying like, well, rabbits. Rio Rancho police said Monday that Nancy Haseman was cited under an ordinance that allows five pets per household, after an animal control officer found 334 bunnies in her yard. (AP)



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	THE VERIDIAN 1133 East-West Highway Silver Spring, MD 20910	Downtown Silver Spring's Newest Apartment Community. Walking distance to Silver Spring Metro. <ul style="list-style-type: none">• Resident lounge with billiards• Eco-friendly green roof• Concierge• Granite Countertops• Swimming pool• Hardwood floors or wall-to-wall carpet	Studio, 1 BR, 1 BR Den & 2 BR/ 1-2 BA Apartments starting at \$1,310 www.TheVeridianApartments.com	X X X X
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	TOPAZ HOUSE 4400 East-West Highway Bethesda, MD 20814	Ideal location, timeless elegance, contemporary amenities, courteous and professional service. <ul style="list-style-type: none">• Fitness center• Spacious apartments• Valet service• Utilities included• Newly renovated units• 24/7 emergency maintenance	Studio-3 BR/1-3 BA Apartments ranging from \$1,429 to \$3,579 www.TopazHouse.com	X X
	OAKCREST TOWERS 2100 Brooks Drive Forestville, MD 20747	Your search for an apartment ends at Oakcrest Towers. Surround yourself with comfort and convenience while you live minutes from the city, military bases & the Capital Beltway. <ul style="list-style-type: none">• Brand new contemporary kitchens & bath options available• All utilities included for a small fee• Minutes to DC• Convenience store on-site• Tennis courts• Fitness center	1-2 BR/1-2 BA Apartments ranging from \$699 to \$1,431 www.Oakcresttowers.com	X X X
	UNIVERSITY CITY APARTMENTS 2213 University Blvd. E. Hyattsville, MD 20783	University City is a neighborhood of charming apartment homes that are convenient to Downtown DC, the Capital Beltway, University of Maryland, shops and close to 2 Metro Stations! <ul style="list-style-type: none">• Minutes to DC• On the UMD shuttle route• All utilities included for a small fee• Brand new contemporary kitchens & bath options available• Metrobus stops at your front door• Hardwood floors	1 & 2 BR/1 BA Apartments ranging from \$799 to \$1,129 www.Universitycityapts.com	X X
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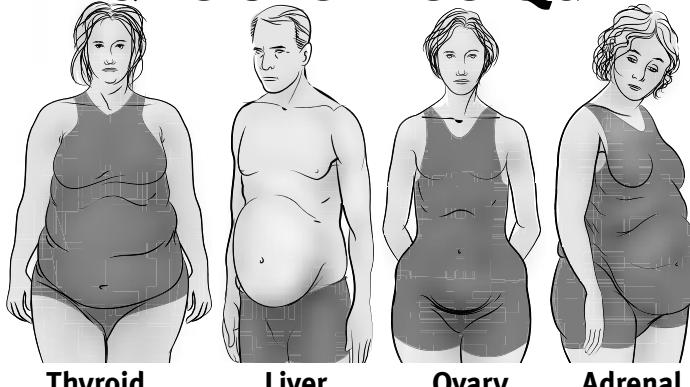
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Nation

S.C. Governor Took a Hike

Sanford disappeared for 4 days, leaving colleagues in the dark

COLUMBIA, S.C. | South Carolina Gov. Mark Sanford will cut short a secretive Appalachian Trail hike and return to work Wednesday after revelations he'd been gone for four days with no contact with his staff, wife or state leaders.

"Gov. Sanford called to check in with his chief of staff this morning," Sanford spokesman Joel Sawyer said Tuesday in a statement. "It would be fair to say the governor was somewhat taken aback by all of the interest this trip has gotten."

The Republican governor hadn't spoken with his staff since



ALEX WONG/GETTY IMAGES

South Carolina Gov. Mark Sanford reportedly will return to work Wednesday.

last Thursday. He left the state on what Sawyer called a routine vacation to unwind.

His absence left fellow state leaders scratching their heads.

The lieutenant governor couldn't figure out where Sanford was. Calls from a state senator and

close friend rolled to voice mail. Even his wife said she hadn't talked to him for several days.

The explanation came late Monday night from his spokesman: The second-term chief executive was hiking along the Appalachian Trail "to kind of clear his head after the legislative session."

The Republican governor left town on Thursday, Sawyer said, with plans to hike the trail, which passes through 14 states but not South Carolina. Sawyer said he didn't know where exactly Sanford was along the 2,200-mile route and declined to discuss whether anyone was hiking with him.

"He's an avid outdoorsman," Sawyer said. "Nobody's ever accused our governor of being conventional." JIM DAVENPORT (AP)

TALLAHASSEE, FLA. | ONE COOL CAT



PHIL COALE/AP

PAWS TO TAKE IT IN: An ocelot hangs out in front of a box fan on Tuesday in his habitat at the Tallahassee Museum of History and Natural Science. Temperatures in the region were predicted to reach 100 degrees for the eighth day in a row Tuesday, prompting animal curators at the museum to place fans around the habitat to help the animals beat the heat.



TIMING Ring of Truth When a suspect being chased by police in Salem, Ore., drove his car over police spike strips and his tires went flat, he dashed into a field of grass, where he thought he could hide. The police called out a dog and handler to find the driver, and then they heard a cell phone ring. The ring led them to the suspect, who was booked Saturday on multiple charges. (AP)



Riot police guard the British Embassy in Tehran as a demonstrator waves a flag to protest Western influence on Tuesday.

TIT-FOR-TAT DISPUTE

Ties between Iran and Britain have deteriorated amid Iran's post-election crisis.

→ Iran has accused Britain of fomenting public anger and said it expelled two British diplomats for "engaging in activities incompatible with diplomatic duties" — a euphemism sometimes used for spying.

→ On Tuesday, British Prime Minister Gordon Brown announced that two Iranian diplomats would be sent home in retaliation.

alleged vote fraud.

It gave the clear impression of authorities gaining the upper hand, at least for the moment. Crushing the protesters' spirits and ability to regroup would likely mean even greater rewards and power for Iran's Revolutionary Guard — the Islamic regime's main military muscle and backer of hard-line President Mahmoud Ahmadinejad. And it could put reformists under relentless pressure for years to come.

But it's still far too early to declare the opposition forces doomed. Protest organizers are appealing for another major rally, perhaps Thursday, in hopes of recapturing momentum and projecting their resolve. They also appear to be moving beyond Mousavi's specific call for a new election and widening their rage against the entire Islamic power structure. BRIAN MURPHY (AP)

In Brief

BAGHDAD

Government Declares Public Holiday for U.S. Exit

The Iraqi government on Tuesday declared a public holiday to mark next week's withdrawal of U.S. combat troops from Baghdad and other cities. Government spokesman Ali al-Dabbagh said Tuesday that ceremonies will be held on Monday, and the deadline itself — Tuesday — will be a public holiday. The announcement comes days after Prime Minister Nouri al-Maliki called the U.S. withdrawal from the cities a "great victory." (AP)



South Korean army troops patrol the coastal area near North Korea's border.

SEOUL, SOUTH KOREA Singapore to Take Action If North Korean Ship Docks

An American destroyer tailed a North Korean ship Tuesday as it sailed along China's coast, U.S. officials said, amid concerns the vessel is carrying illicit arms destined for Myanmar. Experts say the vessel will need to refuel soon. Nearby Singapore says it will "act appropriately" if the ship docks at its port with suspicious goods on board. (AP)

Iran Reformist Loses Grip

Mousavi's supporters stage milder protests amid security threats

CAIRO | Mir Hossein Mousavi is still nominally the guiding force of the fury over Iran's disputed election. But there are ample signs his rebel stature is being eroded by his hesitation to shift from campaigner to street agitator as his support-

ers challenge security forces.

The questions over Mousavi's standing are part of a larger debate over the direction of the unprecedented assault on Iran's Islamic leadership.

The size of the demonstrations has fallen sharply since Mousavi led hundreds of thousands through Tehran last week over claims of vote rigging in the June 12 presidential election. At the same time,

the growing threats and firepower from security forces leave little doubt that authorities are prepared to strike back hard.

A gathering of about 200 people on Monday was quickly broken up by tear gas and shots fired into the air. On Tuesday, protesters retreated to much milder methods: honking car horns, chanting from rooftops and holding up posters denouncing the crackdown and

Kyrgyzstan, U.S. OK Air Base Deal

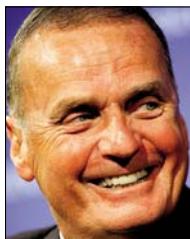
BISHKEK, KYRGYZSTAN | The former Soviet republic of Kyrgyzstan tentatively approved a deal Tuesday that should allow the U.S. to continue shipping military hardware and troops crucial to operations in Afghanistan through an air base in the Central Asian state.

U.S. forces in February had been

ordered out of the Manas air base. But the deal approved Tuesday by a Kyrgyz parliamentary committee apparently would allow the American base to remain open.

The deal's biggest change is likely to be the cost — more than three times the current \$17.4 million annual rent for the base. (AP)

HEARSAY | AFGHAN AFFAIRS



"Our sole interest is in supporting stability, security and the constitutional government of Afghanistan."

—GEN. JAMES JONES, U.S. NATIONAL SECURITY ADVISER, TUESDAY IN KABUL. HE SAID THE U.S. DOES NOT SUPPORT OR OPPOSE ANY OF AFGHANISTAN'S PRESIDENTIAL CANDIDATES.

WINDHOEK, NAMIBIA

Group: Illegal Gem Trade Continues in Zimbabwe

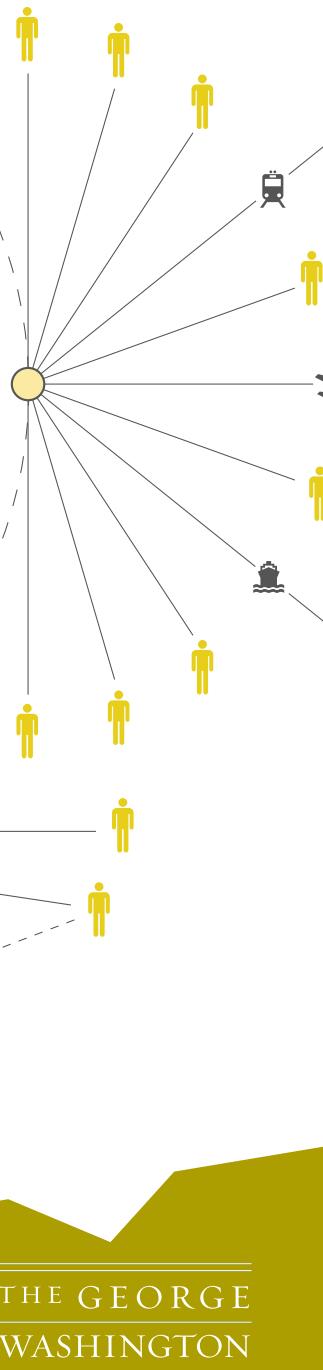
An international body created to stop the sale of diamonds to finance warfare or insurrections has failed to end Zimbabwe's illegal gem trade, a monitoring group said Tuesday. Annie Dunnebacke, from London-based Global Witness, said the Kimberley Process Certification Scheme hadn't addressed "issues of noncompliance, smuggling, money laundering and human rights abuses" in Zimbabwe. (AP)



WORST-CASE SCENARIOS WWII? It's October 1968. Warsaw Pact troops are massing on the Austrian border, and nuclear showdown looms between East and West. This scenario never happened — except in planning exercises by British civil servants, who rehearsed how they would govern Britain during World War III. The details are included in the "War Book," a Cold War manual declassified this month for the first time. Historian Peter Hennessy said the book offers a glimpse into "one of the darker bits of the British secret state in the Cold War." (AP)



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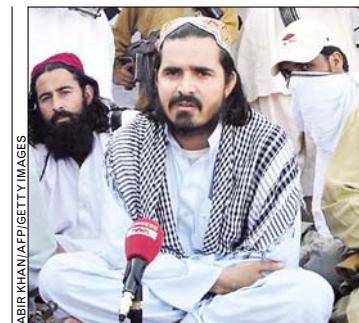
Pakistani Taliban Death Signals Rift

Leader of a renegade militant faction fatally shot by his own guard

PESHAWAR, PAKISTAN | The assassination of the leader of a renegade Pakistani Taliban faction by one of his own men Tuesday underscores a growing rift in the ranks of the militant group as it braces for an impending army assault in the volatile northwest.

Qari Zainuddin's killing sets back government hopes of exploiting these internal divisions in the South Waziristan tribal region, where the army has been pounding strongholds of Pakistani Taliban leader Baitullah Mehsud in apparent preparation for a major, U.S.-backed offensive.

Suspected U.S. missiles also hammered the same areas Tuesday, striking a purported Taliban training center and then a funeral procession for some of those killed in the first missile attack. Up to



Taliban leader Qari Zainuddin, shown on Sunday, was fatally shot Tuesday.

40 people died and 60 more were wounded, said two intelligence officials on condition of anonymity.

Mehsud has humbled the Pakistani army in past battles and has been closing ranks this year by forging alliances with powerful Taliban leaders and killing opponents.

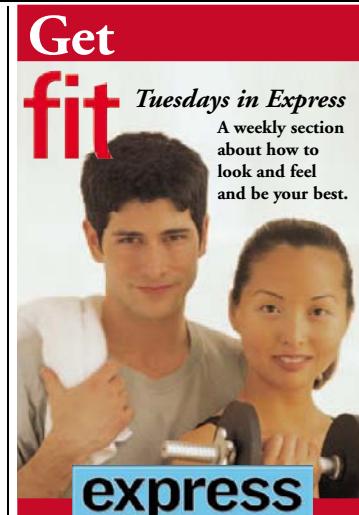
Aides to the slain Taliban official said a guard walked into Zainuddin's office after morning prayers and opened fire, hitting him in the head and chest, and then fled in a car. KATHY GANNON (AP)



GOALS **Grave Situation** Fans of Argentina's Gimnasia La Plata soccer team are visiting local cemeteries and praying near the tombs of some of the country's former leaders, including Juan Domingo Peron and Raul Alfonsin, in hopes of saving the squad from relegation to a different division. (AP)

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express

A publication of The Washington Post

XX174 1x3

Israel Frees Senior Hamas Leader

Release spurs rumors of exchange for soldier detained by militants

JERUSALEM | Israel on Tuesday freed the most senior of dozens of Hamas politicians in custody, prompting speculation it was a prelude to a deal for the release of an Israeli soldier held by Palestinians for three years.

However, Israeli officials insisted the Palestinian parliament speaker, Abdel Aziz Duaik, was let go because his three-year sentence was nearly at an end and that his release was not related to a swap involving the Israeli soldier, Sgt.

Gilad Schalit. The officials spoke on condition of anonymity because no steps had been taken.

Since Hamas-allied militants in Gaza captured Schalit in 2006, Egypt has been trying to arrange an Israel-Hamas swap that would bring his release. The negotiations have been accompanied by reports that a deal was close, only to be followed by new setbacks.

Earlier this week, Israeli Defense Minister Ehud Barak met with Egyptian President Hosni Mubarak in Cairo, as a new Israeli negotiating team was set up.

On Tuesday, a Palestinian news agency reported that Schalit was about to be transferred to Egypt



Hamas supporters mark the release of Abdel Aziz Duaik, shown behind them.

as part of a deal. Israeli officials denied it. Hamas officials in Gaza also dismissed the report.

After Schalit was captured, Israel rounded up more than 30 Hamas lawmakers, including Duaik. The plan at the time was to trade the legislators for the soldier, but indirect talks have foundered.

In the meantime, Duaik's 36-month sentence is near an end, and a judge ordered his release.

Shopkeepers rushed to greet Duaik after he crossed into the West Bank, passing out sweets to celebrate his release.

"My body is free, but my soul is still in jail with the other prisoners," Duaik said. MARK LAVIE (AP)

French Military Continues Hunt For Jet's Boxes

PARIS | French military ships searching for the black boxes of Flight 447 have detected sounds in the Atlantic, but they are not from the Air France jet's flight recorders, French officials said Tuesday.

The officials and French investigators denied a report by the French newspaper Le Monde that French ships had picked up a signal from the black boxes.

The two recorders, key to helping determine what happened to the plane that plunged into the ocean May 31, will continue to emit signals for only another eight days or so. (AP)

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Local



ANDREA BRUCE/TWP

Commuters at the Silver Spring station walk to shuttle buses Monday evening.

Metro Confusion

Riders expressed frustration about inaccurate and misleading updates from the transit agency. This timeline shows WMATA's alerts in after the crash.

→ **5 P.M.** Approximate time of crash between Fort Totten and Takoma stations.

→ **5:07 P.M.** WMATA Alert: "Disruption at Tenleytown-AU. Expect delays in both directions due to an earlier train malfunction outside of Tenleytown station that has been resolved."

→ **5:18 P.M.** WMATA Alert: "Disruption at Fort Totten. Trains are turning back at Brookland and Takoma due to a train experiencing mechanical difficulties outside of Fort Totten station. Shuttle bus service has been requested."

→ **5:29 P.M.** Washington Post confirms crash and derailment.

→ **5:36 P.M.** WMATA press release on derailment and "collision."

→ **5:46 P.M.** WMATA Alert: "Disruption at Tenleytown-AU was cleared. Thank you for riding Metro."

→ **6:03 P.M.** Press release confirms first two fatalities.

→ **6:27 P.M.** WMATA Alert: "Disruption at all stations. Customers traveling or connecting to the Red Line, due to significant Red Line delays, customers are encouraged to add an additional 30 minutes to their travel times."

→ **6:45 P.M.** Riders report seeing signs at Metro stations reporting a "police incident."

(THE WASHINGTON POST)

'It Sounded Like an Explosion'

Riders describe Metro accident as search for crash cause continues

As investigators try to sort out what caused a Red Line Metro train to slam into another Metro train Monday, injured passengers Tuesday told stories about the confusing and awful moments after the crash.

Lanice Beasley, 14, was in the car that was shattered by the impact, with its outer shell and some of its passengers thrown up onto the roof of the train that was hit.

Her mother, Ernice Beasley, 44, said her daughter recalled jagged metal falling on passengers.

"Her boyfriend put his body over her head but couldn't cover her leg, too; that's why it got so cut up," Ernice Beasley said. Her daughter's leg was cut to the bone, and her head was gashed in front and back. On Monday, after surgery, there were staples in her head.

Ernice Beasley said her daughter kept recalling what she saw happen to the passenger next to her.

"She keeps saying there was a lady sitting beside her on the train and the stuff falling down cut the lady's chest open," she said. "The lady kept saying, 'I think I'm going to die. I think I'm going to die.' And then she died before her eyes."

"I'm worried about my baby,



WIN MCNAMEE/GETTY IMAGES

Rescue workers respond to the site where two Red Line Metrorail trains collided Monday between Fort Totten and Takoma.

about the post-traumatic stuff, what she saw," Ernice Beasley said. "I just want my baby back."

Also in that car was Jamie Jiao, 20, a University of Virginia student in the second week of his summer internship at the American Sleep Apnea Association.

Jiao said from his seat three rows back in the first car he could see the other train in front of them. A moment later, he said,

"We speak of having heavy hearts in the wake of such tragedy, but that is a shared weight, unlike the crushing burden of self-obsession that must be borne alone."

Columnist Courtland Milloy finds selflessness offers solace amid tragedy such as Monday's deadly Metro accident | **Today's Metro**

washingtonpost.com

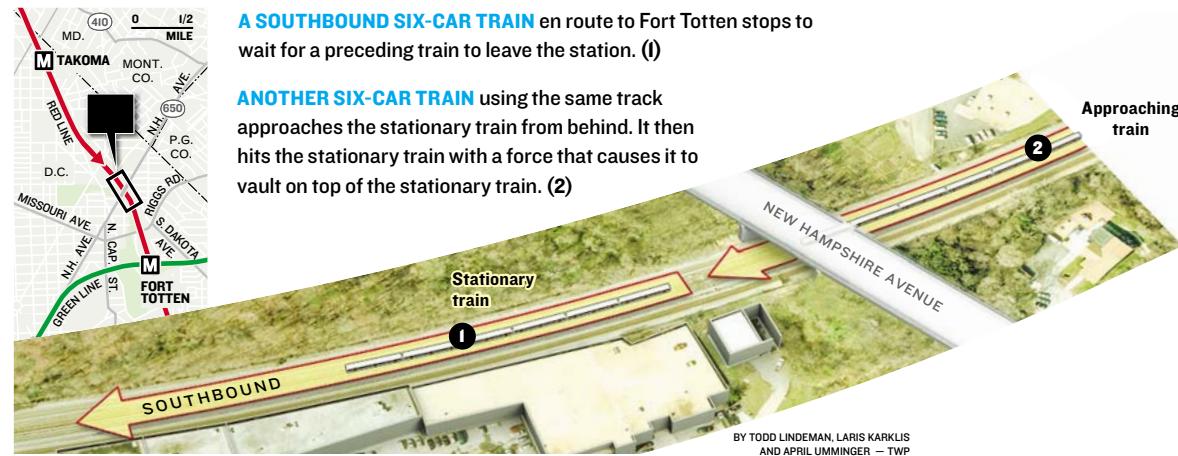
there was a crash.

"It was pretty loud; it sounded like an explosion." He was knocked out, and he woke to find his glasses and shoes had been knocked off.

"I looked more closely and our train was on top of the other train, and I was sitting on the roof of the train in front," Jiao said. DAVID A. FAHRENTHOLD, WILLIAM WAN, JOSH WHITE AND THEOLA LABBÉ-DEBOSE (THE WASHINGTON POST)

ANATOMY OF A COLLISION

Federal safety officials are investigating a passenger's statement that the Metrorail train that struck another in the deadly accident stopped briefly, then started again before the crash. One passenger said he heard an announcement before the crash that the train that struck the other was stopping because another train was ahead.



A SOUTHBOUND SIX-CAR TRAIN en route to Fort Totten stops to wait for a preceding train to leave the station. (1)

ANOTHER SIX-CAR TRAIN using the same track approaches the stationary train from behind. It then hits the stationary train with a force that causes it to vault on top of the stationary train. (2)

BY TODD LINDEMAN, LARIS KARKLIS AND APRIL UMMINGER — TWP



Archbishop of Washington Donald W. Wuerl leads a prayer service at Metro headquarters for the victims of Monday's accident.

DISCUSSIONS

DR. GRIDLOCK

I submitted a question during a previous chat, asking how on Earth [Metro GM] John Catoe had been named the APTA public transportation manager of the year for 2009. In light of the accident Monday, I would imagine Mr. Catoe will refrain from accepting the award.

I think Metro General Manager John B. Catoe Jr., whose philosophy is "safety first," doesn't need any help feeling devastated about the loss of passengers and personnel in this tragedy. Catoe's main job now will be to work with the NTSB to figure it out, openly and completely, and make sure it can never happen again.

I have always felt very safe on the Metro, but Monday's crash makes me think twice about those strange noises you sometimes hear here or those days when the Metro train seems to be going a little too fast. Is there anything we can do, as Metro riders, to make ourselves safer?

Considering how many trains move on how much track in the nation's second-biggest subway system, we're pretty safe. If I didn't believe that, I wouldn't have been on the Yellow Line and Red Line trains Tuesday morning.

How does Metro's safety record



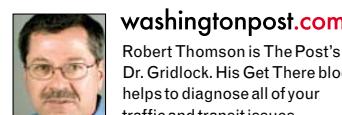
Metro's John Catoe is the APTA public transportation manager of the year.

compare with other systems in the U.S.?

It's hard to compare transit systems on just about any issue. But our system is very safe. That's not just a feeling. The stats back that up. I was just looking over some of the stats that the Metro board is scheduled to look at during its Thursday meeting. Monday's incident shows that pretty safe isn't good enough.

I heard that, as a precaution, Metro operated trains manually Tuesday. Isn't that a bigger risk? I doubt the drivers have as much experience driving manually.

Any of us riding Metrorail with any frequency has been on many a train under manual control. It's not rare at all. Any eight-car train, is under manual control, because the automated system is not yet precise enough to stop the trains in exactly the right spot.



washingtonpost.com

Robert Thomson is The Post's Dr. Gridlock. His Get There blog helps to diagnose all of your traffic and transit issues.

ON THE NET | FOR MORE INFORMATION

A TALK WITH AN EXPERT Peter Goetz, former managing director at the National Transportation Safety Board, was online Tuesday to discuss the investigation. (<http://bit.ly/qxbKW>)

ACCIDENT OF THE PAST This Washington Post interactive timeline offers a historical look at the most significant accidents in Metro's 33-year history. (<http://bit.ly/Dov9>)

SIBLING CONNECTION Metro train operator Janice McMillan's brother tells NBC4 he had a feeling she was involved in Monday's tragic crash. (<http://bit.ly/XG6BV>)

MORE THAN EXPECTED D.C. Fire Chief Dennis Rubin says when his emergency crews showed up to the Metrorail accident site, they expected a "small incident." (<http://bit.ly/SX6E7>)

City Mourns Metro Crash Victims

Memorial service held for 9 killed in Red Line train crash

Among those killed in Monday's Red Line train crash was a retired general who headed the D.C. National Guard and gave the order to scramble jets over the city during the terrorist attacks of Sept. 11, 2001.

Maj. Gen. David F. Wherley Jr. and his wife, Ann Wherley, both 62, were among the nine killed when one Metro train slammed into the back of another near the Fort Totten station Monday.

Others killed in the crash included the train's driver, an elementary school staffer and a woman about to open her own beauty salon business — their stories a testament to Metro's role as a rare place where all the strands of Washington life intersect.

A FEW OF THE VICTIMS

- Ana Fernandez, 40, of Hyattsville, Md., who worked evenings as a housekeeper. Hernandez's children are 21, 18, 14, 12, 11 and 1 1/2 years old.
- Dennis Hawkins, a teacher at Whittier Elementary School in Northwest. He also taught Bible school at Bethesda Baptist Church.
- Jeanice McMillan, 42, the driver of the train that struck the other train.
- LaVonda "Nikki" King of



Metro employee Gwendolyn Coleman cries at Tuesday's memorial service.

The victims were honored Tuesday at a memorial service at Metro's headquarters near Gallery Place.

A black cloth was draped over the transit agency's symbol. The

Northeast Washington, was preparing to open a beauty kiosk, LaVonda's House of Beauty.

→ Dennis Hawkins, a teacher at Whittier Elementary School in Northwest. He also taught Bible school at Bethesda Baptist Church.

Archbishop of Washington, Donald W. Wuerl, led the crowd in prayer. "A tragedy of this magnitude touched each one of us," Wuerl told the crowd.

Dozens of Metro employees stood quietly under the blazing sun, with heads bowed and some crying.

"It's a common bond. Everybody at some point uses Metro," said Phillip Barrett Jr., a vendor relations representative. "Everybody was going about their everyday routine. Then this happened." DAVID A. FAHRENTHOLD, PETULA DVORAK AND JONATHAN MUMMOLO (THE WASHINGTON POST)

Metro to Provide Financial Assistance to Crash Victims

Metro's Board of Directors voted Tuesday to provide immediate hardship financial assistance to the survivors and families of those whose loved ones died Monday in the crash of two Red Line trains

between the Fort Totten and Takoma Metrorail stations.

The board authorized Metro General Manager John B. Catoe Jr. to establish an emergency hardship relief fund of \$250,000

from a reserve fund to provide financial relief for victims of the crash to assist them with their medical, funeral and other immediate expenses. LENA H. SUN (THE WASHINGTON POST)

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Money



A Boeing 787 is seen in a paint hanger at a factory in Everett, Wash. Boeing has delayed the first test flight of the jet, citing a need to reinforce part of the aircraft.

Boeing's 787 Hit With More Delays

Long-awaited plane will not undergo a test flight this month

MANUFACTURING | Boeing Co. has again delayed the first test flight of its long-awaited 787 jetliner, the latest setback for an aircraft that has bolstered the company's order book and redefined the way it builds planes.

The aerospace giant said Tuesday it needs to reinforce small areas of the plane before conducting the test flight, which Boeing had insisted would occur before July.

Boeing said a revised schedule for the flight, and first deliveries to customers, will not be announced for several weeks.

The announcement comes as Boeing and European archrival Airbus SA grapple with slumping orders for their jets as the recession dampens demand for air travel last fall. DANIEL LOVERING (AP)

NEXT IN LINE

→ The 787 is the first commercial jet made mostly of light, sturdy carbon-fiber composites instead of aluminum. Large parts of the plane are made in a number of factories around the world and flown in a 747 to Boeing's wide-body plant in the Seattle area, where they are essentially snapped together. The 787 is Boeing's first new aircraft since the 777, which was introduced more than a decade ago. (AP)

and cargo services.

The test flight of the 787, a next-generation aircraft built for fuel efficiency with lightweight carbon composite parts, originally was planned for late 2007. But Boeing postponed it repeatedly because of production glitches and a strike that forced the company to shut down its commercial aircraft factories for eight weeks last fall. DANIEL LOVERING (AP)

BRANDS **Corporate Uniform** The New York Jets will take advantage of a new NFL rule this summer that allows teams to wear a corporate logo on their practice jerseys for revenue. The Jets will wear a patch for Atlantic Health. (AP)



Money



Ford CEO Alan Mulally announces the loan deal Tuesday in Dearborn, Mich.

U.S. Gives Ford Loan Of \$5.9B

Automaker will use the money to develop fuel-efficient vehicles

DEARBORN, MICH. | The Energy Department said Tuesday it would lend \$5.9 billion to Ford Motor

35
The mpg fuel efficiency standard that will be required for new vehicles in the United States starting in 2010. Co. and provide about \$2.1 billion in loans to Nissan Motor Co. and Tesla Motors Inc., making the three automakers the first beneficiaries of a \$25 billion fund to develop fuel-efficient vehicles.

Energy Secretary Steven Chu announced the loan recipients at Ford's Research and Innovation Center in Dearborn. The loans to Ford will help the company upgrade factories in five Midwest states to produce 13 fuel-efficient vehicles.

Nissan will receive \$1.6 billion to retool its plant in Smyrna, Tenn., to build advanced vehicles and build a battery manufacturing facility.

Tesla would get \$465 million in loans to build electric vehicles and electric drive powertrains in California. KEN THOMAS (AP)

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U.S. General Services Administration

Sports

It's I Up, I Down for Nationals

Olsen's return means a promising starter is heading to the minors

NATIONALS | Scott Olsen is on his way back.

The 25-year-old lefty, whom the Washington Nationals dealt for in the off-season, has missed more than a month with a shoulder injury. The only starting pitcher on the Nationals' 40-man roster with more than 34 could rejoin the big club after one more rehab start.

BOSTON AT WASHINGTON		
1 JUNE 23 LATE GAME	2 JUNE 24 7 P.M. MASN	3 JUNE 25 7 P.M. MASN

On the surface, it would seem Olsen's return would be an ideal opportunity to return a veteran presence to the rotation of a team that has struggled all season. When asked earlier this month whether it would be a difficult decision regarding how to make way for Olsen, manager Manny Acta was skeptical.

"It's probably not that tough," he said, hinting that mid-May call-ups Ross Detwiler or Craig Stammen were the likeliest to be sent down to the minor leagues. "Some of these guys, they were in that situ-



JOHN MCDONNELL/TWP

ODD MAN OUT: Scott Olsen has been sidelined for a month with an injured shoulder as the Nationals' pitchers have thrived.

tion because of Olsen getting hurt ... so it's not going to be such a bad decision to get one of these guys to go down there [to the minors] and get some experience."

A closer look, however, reveals that in the month of June, Washington's rotation — four rookies and second-year starter John Lannan — is performing at a level matched by few teams across the league. The starters' ERA in June was sparkling 3.35 entering Tues-

day's game against the Red Sox.

But the Nationals appear set on returning Olsen to the rotation once he's deemed ready, despite a 7.24 ERA in eight starts this year and hasn't looked all that sharp in his rehab stint. "He needs one more outing to come up here — for his own good and for our good, too," Acta said over the weekend.

Thus the question remains: When he arrives, who goes?

DEREK TURNER

Zimmerman Falling Short In All-Star Ballot Race

NATIONALS | As of early this week, third baseman Ryan Zimmerman was the only Washington National in contention for a starting spot on the National League All-Star team. And he has some ground to make up. The third baseman trailed



New York's David Wright by more than 500,000 votes with less than two weeks remaining in the fan balloting. Zimmerman's 30-game hit streak earlier in the season remains the longest in the majors this year. He's hitting 2.93 on the season with 12 homers and 43 RBI, despite recently hitting his worst slump of the season. DT

JUNE BOOM | THE NATS' PITCHERS HAVE A 3.35 ERA THIS MONTH



JOHN LANNAN

17.1 IP, 3 ER, 1.56 ERA

The lefty has gone at least six innings in each start this month.

ROSS DETWILER

24.2 IP, 13 ER, 4.74 ERA

If the offense didn't cool, he'd have more than one win in June.

CRAIG STAMMEN

22.2 IP, 11 ER, 4.37 ERA

Started and got the win in the shutout of the Yankees June 18.

SHAIRON MARTIS

23 IP, 10 ER, 3.91 ERA

Another victim of the Nationals' bats starting to slow down.

JORDAN ZIMMERMANN

16.2 IP, 4 ER, 2.16 ERA

After some shaky starts, the rookie has found a groove.

In Brief



Forward Richard Jefferson was traded to the Bucks in a draft-day deal last year.

NBA

Source: Jefferson Headed To San Antonio in Trade

A Bucks official with knowledge of the deal said Tuesday that Milwaukee plans to trade forward Richard Jefferson to the San Antonio Spurs for Bruce Bowen, Kurt Thomas and Fabricio Oberto, giving them a veteran cast and financial flexibility. The Bucks are sending Jefferson away less than a year after acquiring him in a draft day trade last year with New Jersey for Yi Jianlian and Bobby Simmons. (AP)

NHL

Yzerman, Hull Lead Group Tapped Into Hall of Fame

Steve Yzerman, Brett Hull, Luc Robitaille and Brian Leetch are going into the Hockey Hall of Fame. All were eligible for the first time. Yzerman retired in 2006 with the sixth-highest point total in NHL history and three Stanley Cups in Detroit. Hull's 741 goals rank third of all time, Robitaille's 668 are the most by a left wing, and Leetch is one of just five defensemen to have a 100-point season. (AP)

OLYMPICS

Chinese Gymnasts Remain Under Scrutiny About Age

Two Chinese gymnasts suspected of being underage at the 2000 Olympics aren't off the hook yet. The International Gymnastics Federation announced Tuesday it has turned the investigation into Dong Fangxiao and Yang Yun's eligibility over to its disciplinary commission. (AP)

NFL Headbangers' Ball NFL offensive linemen bang heads all the time. Now, a trio of Dallas Cowboys linemen are also professional headbangers. Leonard Davis, Marc Colombo and former University of Montana player Cory Procter have signed a recording contract as part of a heavy-metal band called Free Reign. Their debut album for Australia's Riot Entertainment will be released this fall. Considering all three players weigh more than 300 pounds, it only makes sense they are being referred to as "heavier than metal." (AP)



Sports

U.S. Faces Daunting Test

Soccer team is major underdog in match against No. 1 Spain

SOCCER | Talk about tests: After reaching the Confederations Cup semifinals in unlikely fashion, the reward for the U.S. soccer team is a matchup Wednesday against top-ranked Spain.

 SPAIN  2:25 P.M.  U.S.A.

"The team is on a high for sure," U.S. coach Bob Bradley said Tuesday. "From a football standpoint, it's a great challenge, but we couldn't be more excited for this chance."

Spain, the European champion, has set an international record with 15 straight victories and will be trying to stretch its unbeaten streak to a record 36, breaking the mark set by Brazil from December 1993 to January 1996.

After losing 3-1 to world champion Italy and 3-0 to South American champion Brazil, the 14th-ranked United States reached the semis with a 3-0 victory over African champion Egypt as Brazil beat the Azzurri 3-0. The winner of Wednesday's game advances to the final against Brazil or host South Africa on Sunday.



RAFA RIVAS/AF/GETTY IMAGES

Spain celebrates after scoring a goal against the United States during its 1-0 win in last year's friendly. The teams play again Wednesday in the Confederations Cup.

36

The number of consecutive games that Spain has played against international competition without a loss, matching Brazil's record set from 1993 to 1996.

"They have less pressure. They have nothing to lose. For them, it's a positive that we assume the title of favorite, the responsibility and the pressure," Spanish midfielder Xavi Hernandez said. "We assume the mantle of favorites, but it won't be an easy match. Not at all."

U.S. captain Carlos Bocanegra, sidelined since injuring a hamstring in the June 6 World Cup qualifier against Honduras, has nearly recovered and would boost the American defense against Spain. Regular goalkeeper Tim Howard will return after Brad Guzan faced the Egyptians.

"We have to be very careful," said Spain's coach, Vicente del Bosque. "They have a very talented midfield that pushes upfield easily. They play very direct, attacking football." ANDREW DAMPF (AP)



Nowitzki

"I still want to have a family, but first the wounds must heal," said Nowitzki, who turned 31 Friday. "However, I still want to have a few little Dirks running around later. But it won't be easy to win my heart." (AP)

Nowitzki 'Furious' Over Heartbreak

DALLAS | Mavericks star Dirk Nowitzki says he is recovering from his soured relationship with jailed former fiancee Crystal Taylor and still wants to have a family someday.

Speaking in his home country to Germany's Bild Magazine, the All-Star forward opened up

about his romance with Taylor for the first time in a question-and-answer format that was due on newsstands Tuesday.

Nowitzki said he was "disappointed, sad and furious" after the May arrest of Taylor at his Dallas home but that he thinks he will recover from the ugly breakup.

DOPING **Date Night Wins** A German national hockey player was banned for two years after refusing to take a doping test for several hours because he was relaxing at home with his girlfriend. The Court of Arbitration for Sport banned Florian Busch Tuesday because he declined to give a sample when officials arrived unannounced in March 2008. (AP)

Sports

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Email: moodresearch@mail.nih.gov

(TTY: 1-866-411-1010)

<http://patientinfo.nimh.nih.gov>

www.clinicaltrials.gov

Participants should:

- ♦ Be ages 18-65
- ♦ Be diagnosed with major depression and have anxiety symptoms.
- ♦ Be able to participate in a 12-week outpatient study including a visit to the Bethesda, MD.

In addition, all research participation is without cost.

- ♦ **Monetary compensation for procedures.**
- ♦ **Transportation reimbursement provided.**

Atendemos pacientes de habla hispana.



The National Institute of Mental Health NIMH
The National Institutes of Health, Department of Health & Human Services

National Institute of Mental Health

Protocol # 08-M-0116

Does Depression Run In Your Family?



Do you have a parent or sibling with depression? If so, you may be interested in participating in research to better understand the causes of depression. Volunteers who have a parent or sibling with depression, but have never had depression themselves, are needed for studies being conducted at the National Institute of Mental Health using Positron Emission Tomography (PET) & Magnetic Resonance Imaging (MRI).



Participants should be:

- Ages 18-50
- Free of serious medical conditions
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The National Institute of Mental Health NIMH

National Institutes of Health, Department of Health & Human Services

National Institute of Mental Health

04-M-0160/04-M-0002

Sports



Venus Williams played on Centre Court on Tuesday for the first time since beating her sister, Serena, in last year's Wimbledon final. Williams bested Stefanie Voegele.

Williams Begins Three-Peat Quest

After early fall, Venus regains footing in 1st round at Wimbledon

TENNIS | Five points into her opening match at Wimbledon, Venus Williams slipped and went sprawling on the grass she loves.

The five-time champion recovered from her stumble at the start Tuesday and defeated Stefanie Voegele 6-3, 6-2.

Williams' tumble was one of several wobbly moments as she began her bid for a three-peat. She double-faulted in the opening game and had to erase two

break points. She was passed the first two times she reached the net. She slipped and nearly fell a second time.

"It's grass," she said. "You're going to slip sometimes."

Other players also took a tumble — Andy Roddick fell once during his victory, and even a ball boy fell on his face. But for the second day in a row, there were no big upsets, although American Melanie Oudin pulled off a surprise in her tournament debut. The 17-year-old from Marietta, Ga., earned her first win in a major event by beating No. 29-seeded Sybille Bammer 4-6, 6-4, 6-2. STEVEN WINE (AP)

TODAY'S TV LINEUP

NATIONALS (7 P.M. ON MASN) It's your second-to-last chance to see the Red Sox play the Nationals this year.

ORIOLES (7 P.M. ON MASN2) The Orioles are still in Miami to play the Marlins.

SOCER (2:25 P.M. ON ESPN) The U.S. is a heavy underdog against Spain in the Confederations Cup semifinals.

TENNIS (7 A.M. ON ESPN2) More early

round action at Wimbledon.

BASEBALL (7 P.M. ON ESPN2) Remember when the Braves and Yankees used to be in the World Series every year? Now it's a meaningless game.

COLLEGE BASEBALL (7 P.M. ON ESPN) Game 3 of the College World Series finals between LSU and Texas (if necessary).

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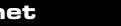
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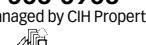
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COURTESY HIDDEN BEACH

After all these years, still looking sultry.

Old-School R&B With A Twist

Al B. Sure! stays true to himself without sounding antiquated

MUSIC | When an artist delivers an album after more than a decade on hiatus, fans listen for the music they fell in love with, and cynics listen for a deafening flop. In the case of Al B. Sure!, fans win out.

On "Honey I'm Home," Sure! is still the crooner he was when "Nite and Day" reached the Top 10 of the Billboard R&B and Pop charts in 1988. But on the slow-burning "I Love It!," drum machines and electric guitars have been replaced by pianos and violins. That's not to say, however, that Sure! has abandoned the R&B sound that made him popular.

"Honey I'm Home" bears all the signs of '90s R&B nostalgia. The track "Dedicate My All" not only incorporates the sound of snapping fingers, but it boldly begins with a voice-over: "Can I talk to you? I think you need to hear what I've got to say. So, please, listen."

MELANIE SIMS (AP)

'Transformers' is flashy but shape-shifts into noise and nonsense

FILM | A joyless cacophony, an insistent and seemingly endless onslaught, "Transformers: Revenge of the Fallen," director Michael Bay's follow-up to the 2007 smash "Transformers," plays more like a parody of a Bay movie.

You name it, it is shot up, blown up or otherwise obliterated in a massive fiery ball, from suburban homes and cars to aircraft carriers and even an Egyptian pyramid. Along the way, our sense of sanity and humanity also gets destroyed, as we feel as though we are being held captive by these walking, talking, shape-shifting robots — both the good guys and the bad.

The Autobots and Decepticons aren't the only ones assaulting us in their epic battle: Regular people are just as obnoxious — probably more so — with their nonstop yelling and yammering. Everyone is

'TRANSFORMERS: REVENGE OF THE FALLEN'

→ **DIRECTOR:** Michael Bay
→ **STARS:** Shia LaBeouf, Megan Fox, John Turturro
→ **IN A NUTSHELL:** Sam Witwicky (LaBeouf) is again stuck in the middle of a battle between the Autobots and the Decepticons.
→ **FOR FANS OF:** "Transformers," "Pearl Harbor," "The Island"

The Autobot Optimus Prime battles an evil Decepticon in "Transformers: Revenge of the Fallen."

COURTESY PARAMOUNT PICTURES



Mini-Fashionistas

Sarah Jessica Parker and Matthew Broderick welcome twin girls | 34

\$319M

The box-office total of the first "Transformers" movie, which, despite his big-budget pedigree, is easily director Michael Bay's biggest hit.

These are shockingly crass and unfortunate black stereotypes, jive-talking fools who can't read and bumble their way from one mishap to the next.

After only an hour, it all feels boring and numbingly repetitive, and the watch tells you you have another hour and a half to go.

What's that you say? You want to know what the "Transformers" sequel is about? How quaint. Basically, it follows the further adventures of plucky young Sam Witwicky (Shia LaBeouf, straining his likability), who is yet again stuck in the middle of the eternal fight between the noble Autobots and the evil Decepticons. CHRISTY LEMIRE (AP)



BIG BOTS. NO PLOT.



ANNOUNCEMENTS **That's Hot** The Beastie Boys have confirmed that their eighth studio album, "Hot Sauce Committee Part I," will be released Sept. 15. The set will include 17 tracks, including "Don't Play No Game That I Can't Win" featuring Santigold, and "Too Many Rappers" featuring Nas, which the artists performed together at the Bonnaroo Music and Arts festival in Manchester, Tenn., in June. The album will be available in multiple configurations, including a 5.1 surround mix. (THE HOLLYWOOD REPORTER)

Beloved Sidekick Ed McMahon Dies

Johnny Carson's loyal second banana enriched 'Tonight' with his laughter

OBIT | Ed McMahon, the loyal "Tonight Show" sidekick who bolstered boss Johnny Carson with guffaws and a resounding "H-e-e-e-e-e-ere's Johnny!" for 30 years died early Tuesday. He was 86.

McMahon died shortly after midnight at Ronald Reagan UCLA Medical Center surrounded by his wife, Pam, and other family members, said his publicist, Howard Bragman.

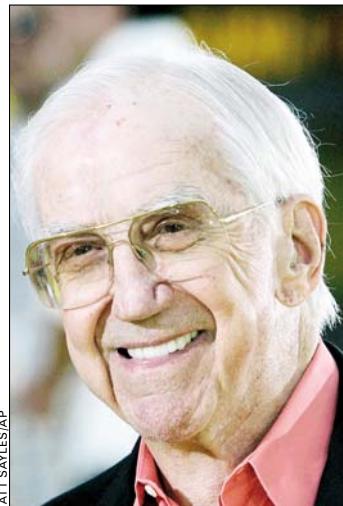
Bragman didn't give a cause of

death, saying only that McMahon had a "multitude of health problems the last few months."

McMahon broke his neck in a fall in March 2007 and battled a series of financial problems as his injuries preventing him from working.

McMahon and Carson had worked together for nearly five years on the game show "Who Do You Trust?" when Carson took over NBC's late-night show from Jack Paar in October 1962. McMahon played second banana on "Tonight" until Carson retired, in 1992.

"You can't imagine hooking up with a guy like Carson," McMahon said in an interview in 1993. "There's the old phrase, 'Hook



Ed McMahon was Johnny Carson's faithful wingman on TV for 30 years.

MATT SAYLES/AP

your wagon to a star.' I hitched my wagon to a great star."

McMahon, who never failed to laugh at his Carson quips, kept his supporting role in perspective.

"It's like a pitcher who has a favorite catcher," he said. "The pitcher gets a little help from the catcher, but the pitcher's got to throw the ball. Well, Johnny Carson had to throw the ball, but I could give him a little help."

"And now h-e-e-e-e-e-ere's Johnny!" was McMahon's trademark opener for each "Tonight" show, followed by a small, respectful bow toward the star.

McMahon was a longtime co-host of the Jerry Lewis Muscular

Dystrophy Association Telethon, a Labor Day weekend institution, and was co-host with Dick Clark of "TV's Bloopers and Practical Jokes." McMahon released his autobiogra-

“There's an old phrase, 'Hook your wagon to star.' I hitched my wagon to a great star.”

—ED MCMAHON
ON WORKING WITH JOHNNY CARSON

phy, "For Laughing Out Loud: My Life and Good Times," in 1998.

Besides his wife, McMahon is survived by his children Claudia, Katherine, Linda, Jeffrey and Lex.

LYNN ELBER (AP)

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lookout entertainment

From Group Effort to One-Man Band

Guitarist J Mascis is the dominant force on Dinosaur Jr.'s latest

MUSIC | Good news: The original lineup of Dinosaur Jr. has a new album out.

Not-so-good news: "Farm" sounds like another installment of J Mascis and friends.

The great thing about the revival of one of indie rock's touchstone

bands is the chance for guitarist Mascis, bassist Lou Barlow and drummer Murph to spontaneously combust with another album like "You're Living All Over Me," the molten lava middle album of the three the original lineup put out in the 1980s.

"Farm" is not that album. The band's latest is as close to mellow as Mascis is ever likely to get. Acting as producer, Mascis has things going just the way he likes.

Barlow and Murph act like a platform from which Mascis launches several extended guitar solos and inspired noodling.

There are some great moments here: Mascis' lazy delivery on "Ocean in the Way," his playful guitar intro on "Over It," the drama of "There's No Here" and the sugary-sweet melody of "See You."

But overall, the album sounds a lot like Mascis' work post-breakup. And that's a wasted opportunity.

The most energetic moment on "Farm" comes in "Your Weather," one of two songs penned by Barlow. It's a reminder of how much energy the band once had and may yet reclaim.

Finally, Mascis' gift is that he can break your heart while he's blowing your mind, something he accomplishes on the melancholy "Said the People" with its plaintive chorus and patient delivery.

CHRIS TALBOTT (AP)



J Mascis, left, Lou Barlow, center, and Murph together are Dinosaur Jr.

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A Reaffirmation of Life

D.C.'s Darkest Hour excitedly celebrates 'The Eternal Return' of some metal music

MUSIC | The theory of eternal return posits the universe has no start or end, but the matter within it is finite and ever-changing.

Darkest Hour's own take on "The Eternal Return," the D.C. metal band's sixth album, deals with that philosophical concept by trying to bash it into submission. The breathless CD was recorded in Baltimore's Salad Days Studio with producer Brian McTernan but without guitarist Kris Norris, who left the group last year.

"The press is an interesting place to tell the dirty insides of the way a band operates," said guitarist Mike Schleibaum, 32,

who co-founded Darkest Hour in 1995 with singer John Henry. "So, in fairness to Kris and our friendship ... sometimes real-life problems start to creep in, and it just got to the point where there were problems that were creeping into the band."

Mike "Lonestar" Carrigan replaced Norris, and he and Schleibaum handle all the ax duties on "The Eternal Return." While Darkest Hour still mixes melodic Swedish death metal and D.C.-inspired hardcore, the album is the group's most furious since 2001's "So Sedated, So Secure." That return to Darkest Hour's early brutality was due in part to the influence of McTernan, who produced the group's 2000 debut, "The Mark of the Judas."

"We wanted to find out what is Darkest Hour," Schleibaum



Darkest Hour just released "The Eternal Return," its delightfully angry sixth album.

COURTESY OF DARKEST HOUR

expressnightout

→ Visit us online for a track-by-track discussion and audio stream of "The Eternal Return."

WWW.EXPRESSNIGHTOUT.COM

said. "It just felt like we needed to go back to somebody who knew where we came from to figure out the actual essence of what we're trying to do. ... This is a band that grew up in front of everybody ... and every record got a little better. This record is, like, adults who beat the [stuff] out of each other to make some [angry stuff]."

While "The Eternal Return" sounds tumultuous, it also captures the essence of what makes Darkest Hour so amazing and its concerts so inspiring.

"We still love metal," Schleibaum said. "Musically, [the CD is] very angry, but you definitely see five guys who want to be there, who like it enough to have dedicated our lives to it."

CHRISTOPHER PORTER (EXPRESS)

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SONY PICTURES HOME ENTERTAINMENT

1 What Happened, Exactly?

You can always count on the Smithsonian for a decent film series. Tomorrow, it's showing "It Happened One Night," a 1930s classic about a beautiful rich girl and a wisecracking working man who, well, you know the rest. So, how about instead of wasting two hours of your life on "The Proposal," you try a romantic comedy that's funny and classy but just happens to be 75 years old? OK? Good. f.z.

→ Smithsonian American Art Museum, Eighth and F streets NW; Thu., 6:30 p.m., free; 202-633-1000. (Gallery Place)



JAMES M. THRESHER/TWP
after the unexpected death of her husband, followed by the illness and death of her daughter. Yes, you're going to cry. f.z.
→ Studio Theatre, 1501 14th St. NW; through July 5, \$41-\$61; 202-332-3300, Studiotheatre.org. (Dupont Circle)

top stops

Compiled by Express' Fiona Zulbin and Brian Austin. Read more of their picks every day at Expressnightout.com/topstops.

Depressing, Uplifting

We're going to be up-front about this: Joan Didion's "The Year of Magical Thinking" is one of the most depress-

ing books you could ever read, and one of the most engaging. The one-woman play based on the book looks like it will follow the same pattern. The plot concerns Didion's life



GERED MANKOWITZ

3 All That Glitters

South London singer-songwriter Patrick Wolf is best known for his androgynous garb and over-the-top theatrics. But glitz and glamour aside, Wolf is an incredibly talented musician. Not many artists today can successfully mix the ukulele, viola, French horn and piano with electronic sampling. This cluster of noise miraculously comes together in a mix that is somehow devoid of musical clutter. b.a.
→ Rock & Roll Hotel, 1353 H St. NE; 6:30 p.m., \$18, 202-388-7625, Rockandrollhoteldc.com.

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TAKING OF PELHAM 1 2 3 (R) - ID REQ'D (1225 1250 255 330 530) 720 750 940 1010
HANGOVER (R) - ID REQ'D (1225 1240 230 310 500) 705 735 950 1000
DRAG ME TO HELL (PG-13) (530 PM) 810 PM 1045 PM

BETHESDA 10

7727 Wisconsin Avenue 800-FANDANGO 55#

Adv. Tix on Sale ICE AGE: DAWN OF THE DINOSAURS
Adv. Tix on Sale PUBLIC ENEMIES
TRANSFORMERS: REVENGE OF THE FALLEN (PG-13) ★ (1150 1250 310 410) 630 730 950 1050
YEAR ONE (PG-13) (1000 120 130 230 420 450) 745 815 1005 1105
THE PROPOSAL (PG-13) ★ (1150 1250 255 325 525) 655 755 935 1030
IMAGINE THAT (PG) (1150 1250 255 325 525) 655 755 935 1030
TAKING OF PELHAM 1 2 3 (R) - ID REQ'D (1225 105 305 400 535) 640 805 915 1040
HANGOVER (R) - ID REQ'D (1225 1250 255 330 530) 720 750 940 1010
UP (PG) (1205 1240 230 310 500) 705 735 950 1000
DRAG ME TO HELL (PG-13) (530 PM) 810 PM 1045 PM

BOWIE STADIUM 14

15240 Mall of Lansdale Blvd 800-FANDANGO 454#

Adv. Tix on Sale ICE AGE: DAWN OF THE DINOSAURS
Adv. Tix on Sale PUBLIC ENEMIES
TRANSFORMERS: REVENGE OF THE FALLEN (PG-13) ★ (1000 1030 115 120 210 310 340 410 440) 630 700 730 800 950 1020 1050 1201
THE PROPOSAL (PG-13) ★ (1130 1230 200 300 430) 645 745 915 1015
YEAR ONE (PG-13) (1235 315 545) 810 1035
TAKING OF PELHAM 1 2 3 (R) - ID REQ'D (1220 245 515) 750 1030
HANGOVER (R) - ID REQ'D (1125 145 435) 715 815 945 1045
LAND OF THE LOST (PG-13) (1135 AM 215 445 PM)
UP 3D - SPECIAL EVENT PRICING (PG) ★ (1145 230 500) 730 1000
UP (PG) (1215 215 300 530) 720 1025
OC & DA: NIGHT AT THE MUSEUM II (PG) (1140 AM) 705 PM
NIGHT AT THE MUSEUM II (PG) (205 PM 425 PM) 930 PM
ANGELS AND DEMONS (PG-13) (720 PM)
STAR TREK (PG-13) (100 PM 350 PM) 640 PM

GALLERY PLACE STADIUM 14

701 Seventh St NW 800-FANDANGO 1721#

Adv. Tix on Sale ICE AGE: DAWN OF THE DINOSAURS
Adv. Tix on Sale PUBLIC ENEMIES
TRANSFORMERS: REVENGE OF THE FALLEN (PG-13) ★ (1000 1125 1215 150 300) 430 610 715 900 1000
THE PROPOSAL (PG-13) ★ (1115 1210 130 250 425 540) 715 815 950 1050
YEAR ONE (PG-13) (1130 1210 145 245 510) 630 730 800 830 950 1050
OC & DA: TAKING OF PELHAM 1 2 3 (R) - ID REQ'D (1130 1210 145 245 510) 630 730 800 830 950 1050
TAKING OF PELHAM 1 2 3 (R) - ID REQ'D (1130 1210 145 245 510) 630 730 800 830 950 1050
HANGOVER (R) - ID REQ'D (1130 1210 145 245 510) 630 730 800 830 950 1050
UP (PG) (1130 1210 145 245 510) 630 730 800 830 950 1050
UP 3D - SPECIAL EVENT PRICING (PG) ★ (1130 1210 145 245 510) 630 730 800 830 950 1050
UP (PG) (1130 1210 145 245 510) 630 730 800 830 950 1050
NIGHT AT THE MUSEUM II (PG) (1130 1210 145 245 510) 630 730 800 830 950 1050
STAR TREK (PG-13) (1130 1210 145 245 510) 630 730 800 830 950 1050

BALLSTON COMMON STADIUM 12

6/1 N Glebe Rd 800-FANDANGO 377#

Adv. Tix on Sale ICE AGE: DAWN OF THE DINOSAURS
Adv. Tix on Sale PUBLIC ENEMIES
TRANSFORMERS: REVENGE OF THE FALLEN (PG-13) ★ (1230 350) 715 1035
THE TALE OF DESPEREAUX (G) (1230 350) 715 1035
HANGOVER (R) - ID REQ'D (1230 220 300 400 500) 710 810 950 1050
UP (PG) (1230 220 300 400 500) 710 810 950 1050
NIGHT AT THE MUSEUM II (PG) (1230 220 300 400 500) 710 810 950 1050
STAR TREK (PG-13) (1230 220 300 400 500) 710 810 950 1050

POTOMAC YARD STADIUM 16

3575 Jefferson Davis Hwy 800-FANDANGO 890#

Adv. Tix on Sale ICE AGE: DAWN OF THE DINOSAURS
Adv. Tix on Sale PUBLIC ENEMIES
TRANSFORMERS: REVENGE OF THE FALLEN (PG-13) ★ (1230 350) 715 1035
THE TALE OF DESPEREAUX (G) (1230 350) 715 1035
HANGOVER (R) - ID REQ'D (1230 220 300 400 500) 710 810 950 1050
LAND OF THE LOST (PG-13) (1230 220 300 400 500) 710 810 950 1050
UP 3D - SPECIAL EVENT PRICING (PG) ★ (1230 220 300 400 500) 710 810 950 1050
UP (PG) (1230 220 300 400 500) 710 810 950 1050
NIGHT AT THE MUSEUM II (PG) (1230 220 300 400 500) 710 810 950 1050
STAR TREK (PG-13) (1230 220 300 400 500) 710 810 950 1050

KINGSTOWNE STADIUM 16

5910 Kingstowne Towne Center 703-822-4956

Adv. Tix on Sale ICE AGE: DAWN OF THE DINOSAURS
Adv. Tix on Sale PUBLIC ENEMIES
TRANSFORMERS: REVENGE OF THE FALLEN (PG-13) ★ (1000 1030 1115 1230 115 145 230 345 430 500 545) 700 745 815 900 1015 1100
IGOR (PG) (1000 AM)
THE TALE OF DESPEREAUX (G) (1000 AM)
RW: TRANSFORMER'S: REVENGE OF THE FALLEN (PG-13) ★ (1145 300) 615 930
THE PROPOSAL (PG-13) ★ (1045 1150 125 220 350 450 545) 630 730 800 900 1005
YEAR ONE (PG-13) (1045 1150 125 220 350 450 545) 630 730 800 900 1005
TAKING OF PELHAM 1 2 3 (R) - ID REQ'D (1145 300) 615 930
HANGOVER (R) - ID REQ'D (1145 300) 615 930
UP (PG) (1145 300) 615 930
NIGHT AT THE MUSEUM II (PG) (1145 300) 615 930
STAR TREK (PG-13) (1145 300) 615 930

FAIRFAX TOWNE CENTER 10

4110 W Ox Road 800-FANDANGO 570#

Adv. Tix on Sale ICE AGE: DAWN OF THE DINOSAURS
Adv. Tix on Sale PUBLIC ENEMIES
TRANSFORMERS: REVENGE OF THE FALLEN (PG-13) ★ (1045 120 220 350 450) 640 740 920 1020
YEAR ONE (PG-13) (1045 120 220 350 450) 640 740 920 1020
TAKING OF PELHAM 1 2 3 (R) - ID REQ'D (1140 1240 200 300 440 540) 610 730 810 920 1030 1100
HANGOVER (R) - ID REQ'D (1140 1240 200 300 440 540) 610 730 810 920 1030 1100
LAND OF THE LOST (PG-13) (1200 240 520) 800 1035
UP 3D - SPECIAL EVENT PRICING (PG) ★ (1100 130 240 340 510) 610 730 810 920 1030 1100
UP (PG) (1100 130 240 340 510) 610 730 810 920 1030 1100
NIGHT AT THE MUSEUM II (PG) (1100 130 240 340 510) 610 730 810 920 1030 1100
STAR TREK (PG-13) (1100 130 240 340 510) 610 730 810 920 1030 1100

MANASSAS STADIUM 14

11380 Bullock Drive 800-FANDANGO 490#

Adv. Tix on Sale ICE AGE: DAWN OF THE DINOSAURS
Adv. Tix on Sale PUBLIC ENEMIES
TRANSFORMERS: REVENGE OF THE FALLEN (PG-13) ★ (1030 1115 1200 100 200 245 330 430 515) 615 700 745 830 930 1030 1115
THE PROPOSAL (PG-13) ★ (1045 1145 115 215 345 445) 630 715 900 945 1045
YEAR ONE (PG-13) (1045 1145 115 215 345 445) 630 715 900 945 1045
TAKING OF PELHAM 1 2 3 (R) - ID REQ'D (220 530) 800 1040
HANGOVER (R) - ID REQ'D (1130 1215 230 300 500 545) 730 815 1000 1045
LAND OF THE LOST (PG-13) (340 PM) 910 PM
UP 3D - SPECIAL EVENT PRICING (PG) ★ (1100 130 400) 645 915
UP (PG) (1015 1245 315) 600 845
NIGHT AT THE MUSEUM II (PG) (1140 1240 440) 700 850 940 990
STAR TREK (PG-13) (1230 PM) 610 850 940 990

Adapt you.

"Personal Tech" can give you cool and useful tools.

Mondays.

express
A publication of The Washington Post

lookout travel

Wild Animal Attraction

Attendance soars at zoos as families seek cheaper fun

ATTRACTIONS | To draw visitors, zoos count on gentle giraffes rolling out their long tongues to grasp treats, stingrays gliding through a pool to be petted and the playful tussling of tiger cubs. This year, they're also getting help from the recession.

Zoos in cities including Cincinnati; St. Louis; Baltimore; Kansas City, Mo.; and Memphis, Tenn., are reporting higher attendance as consumers look for affordable entertainment closer to home.

"We are trying to be more careful in our spending, and this is a great way to do that and be with family," said Noelle Bragg, 42, of Springboro, about 35 miles from Cincinnati. Bragg, her son and her nephew had just finished feeding a giraffe at the Cincinnati Zoo.

More than 58 percent of 120 members of the Association of Zoos and Aquariums responding to an April survey reported attendance increases year-over-year.

→ Attendance at the Cincinnati Zoo rose 34 percent — to more



Noelle Bragg, left, and her son Nathan Bragg, 4, center, watch as David Cain, 8, feeds a giraffe at the Cincinnati Zoo in Ohio.

than 372,000 visitors — in the first five months of this year.

→ At the Saint Louis Zoo, which charges for some attractions but not admission, attendance jumped 13 percent to 1.2 million visitors as of June 4.

While certain exhibits — such as Zoo Babies in Cincinnati — help push the numbers up, the

“Gas prices are rising again, and we don’t have to drive far to have a really good time.”

NOELLE BRAGG,
CINCINNATI ZOO VISITOR

bad economy also pushed visitors through the gates.

"It's difficult to know exactly, but we're speculating that the economy is a factor," said Eric Miller, senior vice president at the Saint Louis Zoo. "Also, when people are stressed, they seem to turn more to family events and entertainment." LISA CORNWELL (AP)

Real Deals

FROM BUDGET TRAVEL MAGAZINE

CENTRAL AMERICA TREK

\$1,149 Spend more than two weeks trekking through Guatemala, Honduras, Nicaragua, and Costa Rica. The deal includes 16 nights' accommodations, local transportation, the services of an English-speaking tour

guide and local guides, and sightseeing tours, for \$1,149 per person — including all taxes and fees. The journey begins in Antigua, Guatemala, and ends in San José, Costa Rica. **WHEN:** Sunday departures June 28–Dec. 27, 2009; July 12 departure is sold out. **DETAILS:** Includes all taxes and fees and a \$250 local payment per person to be made in cash. Based on single or double occupancy. The travel agency will match solo travelers with a roommate. Use promo code

JGS. Allow \$340 for meals. Group size averages 10 people. **CONTACT:** G.A.P Adventures, 888-800-4100, Gapadventures.com.

IRELAND AIR, CAR, HOTEL

\$849 Travel through Ireland for six nights with included bed-and-breakfast vouchers. The deal includes airfare to Dublin, a six-day car rental, six nights' hotel accommodations (one night in Dublin at the Regency Hotel,

four nights of B&B vouchers, and one night at the Ritz-Carlton Powerscourt with a pint of Guinness), and fuel surcharges. **WHEN:** Until Sept. 30, 2009. **DETAILS:** Departures available from D.C. Mention Budget Travel. Single supplement is \$365. **CONTACT:** Sceptre Tours, 800-221-0924, Sceptretours.com. BUDGET TRAVEL MAGAZINE

 FIND MORE DEALS & TRIP-PLANNING TIPS AT BUDGETTRAVELONLINE.COM.

TECHNOLOGY **Vacation Inspiration** Looking for fun things to do when you travel? Check out a new Web site called Nextstop.com, where users offer ideas for interesting places and activities, from obscure cafés to major landmarks. Some Nextstop members recommend things they encounter in their travels, while others are locals suggesting favorite places from their hometowns and neighborhoods. You can browse recommendations by city, by topic or by keyword, or by following a member of the Web site whose posts you enjoy. (AP)

DISCUSSIONS

TRAVEL TALK

I will be in Chicago next weekend and was there only once, in 1990, for a convention. What would you do if you had one day to explore the town?

I recently crammed so much into one day in Chicago by staying solely in the Loop. I visited the new Modern Wing at the Art Institute, caught a matinee play at the nearby Goodman Theatre and saw the Grant Park Orchestra perform.

Among Delaware's beach resorts: quaint Bethany, fun Rehoboth and quiet Lewes.

Food options are slightly more mainstream there than in other neighborhoods, but Miller's Pub is historic and atmospheric and grills a great (and giant) burger; Gage on Michigan Avenue is supposed to be great; the Art Institute has a new Italian joint in the Modern Wing; and Millennium Park's Park Grill is nice, too.

I want to take my 6-year-old niece and maybe some other cousins to the Atlantic Ocean in September. Which beach towns in Maryland do you suggest?

If you're wedded to Maryland, your choices are either Ocean City or Assateague Island. Ocean City has lots to do, with a three-mile-long boardwalk, two amusement parks and loads of restaurants, shops and nightlife choices. Assateague Island National Seashore offers only camping within the park.

Would you consider Delaware? There are lots of beach resorts there, including quaint Bethany, fun Rehoboth and quiet Lewes.

washingtonpost.com

The Post's Travel Section Flight Crew takes questions and comments online every Monday at washingtonpost.com/travel.



AT WHEAT'S END: Desserts such as an apple-cinnamon toastie substitute bean flour and cane juice for standard flour and sugar.

How do you adjust to mask the unusual flavors in vegan-made ingredients like bean flour?

A lot of these flours are different from wheat flour. You can add essences like vanilla or lemon extracts to balance the funky tastes. The tastes are more preva-

“Something without gluten, dairy or sugar is often loaded with preservatives.”

lent in the dough, but, luckily, the different flavors of something like garbanzo bean flour bake away. When they come out of the oven, they should taste normal.

What are your issues with store-bought vegan goods?

It's hard to find things to eat in stores. If I find something without gluten, dairy or sugar, it is often loaded with preservatives or made with unhealthy ingredients. Plus, when things don't taste good, you might as well eat an apple.

What sets your baked goods apart from other vegan products?

Everything I use is in there for a reason, from the oils to the flours. Also, I don't use chemical processed sweeteners or sugar alcohol, which can cause gas. I love agave because it's natural and straight from the cactus, so it doesn't affect blood sugar like sugar does.

Have you had any baking disasters?

I was so confident starting off. I tried baking a cake for a party and I remember the batter tasted so good. I called my friends and announced that I'd be bringing over the first BabyCakes cake. When I took it out of the oven, it was a gelatinous mess: dense, didn't rise, clear and wobbly.

Any favorite indulgences?

Taking a brownie and topping it with agave-sweetened vegan ice cream from Coconut Bliss, then adding chocolate sauce. I like simple flavor profiles.

recipe file



Vegan Chocolate Chip Cookies

Makes 36

INGREDIENTS

- 1 cup coconut oil
- 6 tbsp. homemade applesauce (page 78) or store-bought unsweetened applesauce
- 1 tsp. salt
- 2 tbsp. pure vanilla extract
- 1 1/4 cups evaporated cane juice
- 2 cups Bob's Red Mill gluten-free all-purpose baking flour
- 1/4 cup flax meal
- 1 tsp. baking soda
- 1 1/2 tsp. xanthan gum
- 1 cup vegan chocolate chips

PREHEAT OVEN TO 325° F. Line two baking sheets with wax paper.

In a medium bowl, mix oil, salt, applesauce, vanilla and cane juice. In another medium bowl, whisk together flour, flax meal, baking soda and xanthan gum. Using a spatula, carefully add the dry ingredients to the wet mixture. Stir until a grainy dough forms. Gently fold in chocolate chips.

With a melon baller, scoop dough onto the prepared baking sheets, spacing portions 1 inch apart. Press each with the heel of your palm to help them spread. Bake cookies on center rack for 15 minutes, rotating the sheets 180 degrees after nine minutes.

Let cookies stand on sheets for 10 minutes, then transfer to a wire rack and cool completely before covering.

FROM "BABYCAKES: VEGAN, GLUTEN-FREE, AND (MOSTLY) SUGAR-FREE RECIPES FROM NEW YORK'S MOST TALKED-ABOUT BAKERY"

No-Dairy Queen

A famed vegan baker proves desserts don't need gluten, eggs or milk to taste delicious

When animal-product-shunning A-listers such as Moby and Natalie Portman want to dig into dairy-free chocolate cupcakes or no-egg cookies, they often head to New York's BabyCakes bakery. The naughty-tasting (yet often nutritious) vegan and gluten-free treats by owner Erin McKenna carbo-load the cookbook, "BabyCakes" (\$24, Random House). We chatted with McKenna about her baking secrets and the wonders of coconut-based ice cream. ERIN HARTIGAN

How did you get your start?

I had just found out I had food sensitivities to wheat, dairy and sugar, and I was at a friend's house. Her child had major food allergies. She'd made him a cake that she called a babycake, because it was good for little kids who couldn't eat wheat or eggs. I thought it would be great for somebody to start a bakery dedicated to those goods. After awhile, I realized I should launch it.

What are the challenges of baking without gluten?

I thought developing recipes would be a breeze, but each recipe was different. Cookies didn't have the same method as scones, so each one was starting from scratch. I

had problems with things being gummy and hard. I had a lot of problems with finding the balance to bind each recipe.



What do we need to know when baking without gluten, eggs or dairy?

Gluten gives elasticity to bread and holds it together, so you need to create that effect. Xanthan gum is in all my gluten-free recipes. It helps the dough. It can be difficult to create your own recipe without eggs. I've tried avocados, pureed dates, anything to add moisture. The challenge is to find a binder that won't leave the goods so heavy that they can't rise (or become too moist).

Q+A

Q+A

lookout online

Poll Center

IS THE REDSKINS' PLAN TO LIMIT TAILGATING FAIR TO EARLY ARRIVING FANS?

YESTERDAY'S RESULTS AS OF 5 P.M.

NO 67%

YES 33%

This is just another attempt to suck money out of the pockets of loyal fans. Rather than allow them to cook out before the game, Lil' Danny wants people to pay an arm and a leg for middle school cafeteria food and flat beer."

COMMENTER MILDLYMISANTHROPIC, WHO ADDED, "EVERYTHING ABOUT THE TEAM HAS BECOME A DISGRACE SINCE SNYDER BOUGHT THE REDSKINS."

What is unfair is when you pay to park (as part of your ticket) but you show up two hours early and can't find a parking spot because everyone is camped out in four spots while they tailgate."

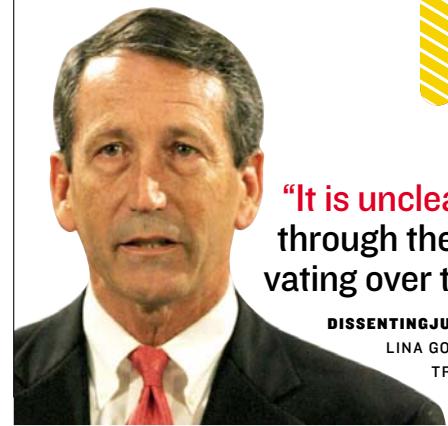
COMMENTER DAKOTAG, WHO ADDED, "FOR ONCE, DANNY BOY'S DOING SOMETHING GOOD!"

SEE HOW YOUR METRO STATION VOTED
WWW.EXPRESSNIGHTOUT.COM



"DESPITE THE FACT that she offered almost no hopeful news for my personal life, I can't lie: I like a cocky psychic. That's gangsta."

ERINJACKSON.NET/BLOG WAS RATHER REFRESHED BY AN EASTERN MARKET PSYCHIC WHO TOLD HER, "YOUR LIFE'S GONNA SUCK, AND I'M SO CERTAIN."



"It is unclear whether Sanford ran full monty through the woods, but media outlets are salivating over the possibility."

DISSENTINGJUSTICE.BLOGSPOT.COM IS AMUSED BY THE FACT THAT SOUTH CAROLINA GOV. MARK SANFORD'S DISAPPEARING ACT TURNED APPALACHIAN TRAIL TRIP COINCIDED WITH NAKED HIKING DAY.



"YES, I DO UNDERSTAND

wearing them at the beach ... and that is it! Not in public places, not in the office, not in stores. If you are not in the shower or on the beach ... don't wear them!"

MYLABMANUAL.BLOGSPOT.COM CAN'T STAND SEEING PEOPLE WEARING FLIP-FLOPS ALL OVER TOWN.

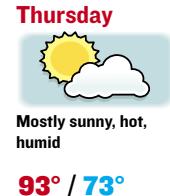
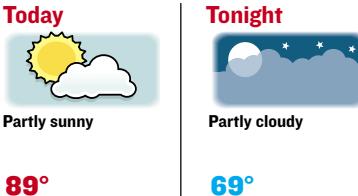
"Conditions within those congested cars are at times subhuman. We who ride it regularly are in a very real sense survivors, even on eventless days."

ONFROZENBLOG.COM WAS SAD ABOUT MONDAY'S RED LINE COLLISION, BUT ADDS, "IMAGINE IF MONDAY'S TRAGEDY HAD OCCURRED AT A TIME WHEN 15,000-PLUS HOCKEY PATRONS [WERE RIDING]."

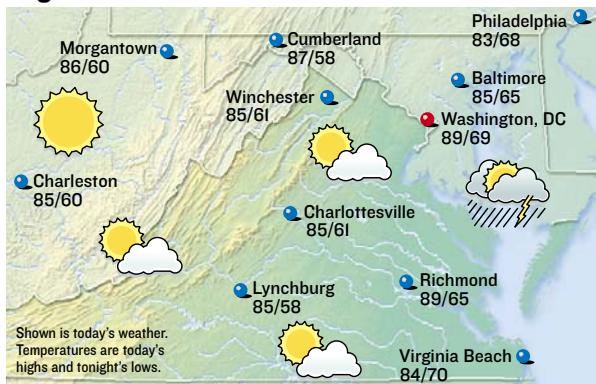
"I EXPLAINED the difference between 'Jon & Kate' and Octomom to [a friend] over e-mail. When he finally got them sorted out, he wrote: 'Why do I feel as though natural selection, which has served us so well for billions of years, has now finally failed?'

SONNET87.COM TENDS TO AGREE WHEN IT COMES TO THESE PARENTS.

5 Day Forecast for the Washington Area



Regional Weather



Almanac

Washington, D.C., through 4 p.m. Tues.

Temperature

High	85°
Low	67°
Normal high	86°
Normal low	67°
Average humidity	55%

Precipitation

24 hours ending 4 p.m.	0.00"
Month to date	5.46"
Normal month to date	2.39"
Year to date	22.73"
Last year to date	27.97"
Normal year to date	18.42"

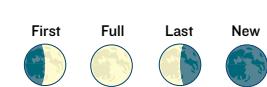
For up-to-the-minute weather, see:
washingtonpost.com/weather

Regional Forecast

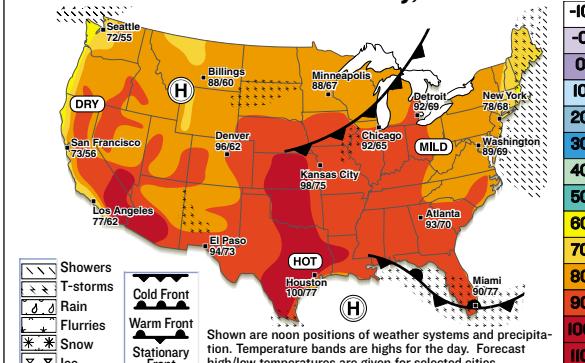
D.C. Metro: Today, partly sunny. High 89. Wind north 7-14 mph. Tonight, partly cloudy. Low 69. Wind west-southwest 4-8 mph.

Sun and Moon

Sunrise today	5:44 a.m.
Sunset tonight	8:37 p.m.
Moonrise today	7:42 a.m.
Moonset today	10:29 p.m.



National Weather for Wednesday, June 24

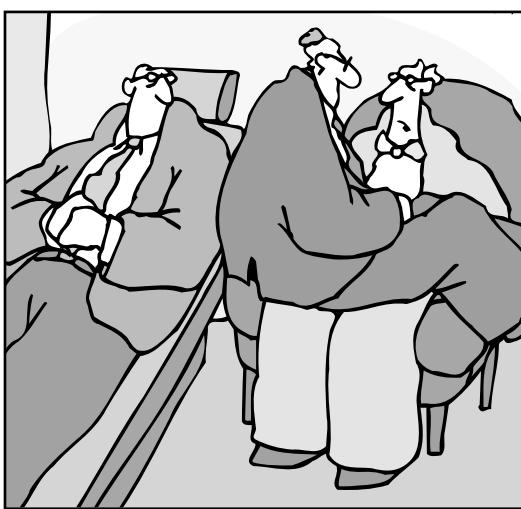


comics lookout

Bizarro | Dan Piraro



Cornered | Mike Baldwin

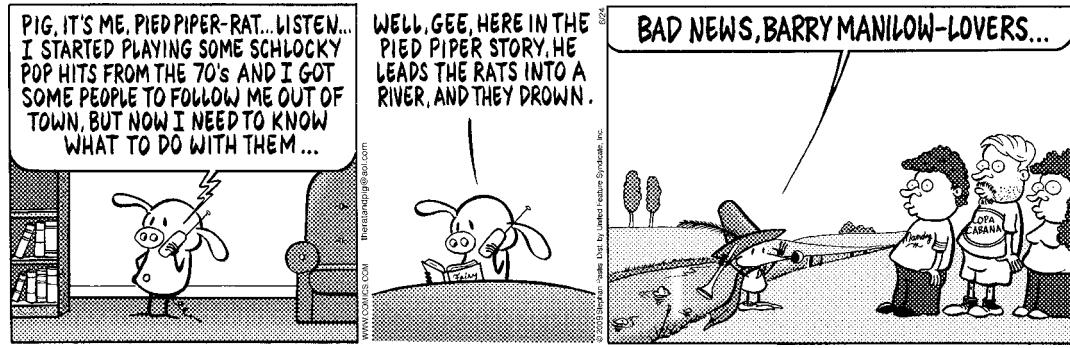


"My first impression is that you have a false sense of entitlement. Now, get the hell out. I'm with another patient."

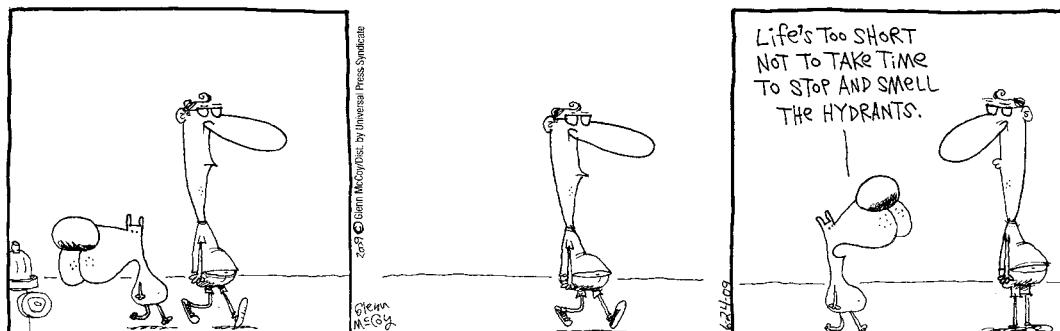
Pooch Cafe | Paul Gilligan



Pearls Before Swine | Stephan Pastis



The Duplex | Glenn McCoy



Horoscope

By Stella Wilder

CANCER (June 21-July 22) It'll be important for you to work with others as closely as possible, even though no one may agree about any one point under discussion.

LEO (July 23-Aug. 22) You are likely to enjoy an unexpected opportunity before the day is out. Keep yourself open to even more unusual options during the evening hours.

VIRGO (Aug. 23-Sept. 22) You may have to take more of a risk than you had planned on — but one or two friends or co-workers will be there to help you out.

LIBRA (Sept. 23-Oct. 22) Overspending can be quite dangerous; you're going to need to watch over all of your resources with care and vigilance at this time.

SCORPIO (Oct. 23-Nov. 21) You may find yourself dancing around the truth for most of the day — but a good friend will have you facing the inevitable after dark.

SAGITTARIUS (Nov. 22-Dec. 21) You'll be in a position to call the shots — but instead you may choose to be

a supporting player and do what you're told.

CAPRICORN (Dec. 22-Jan. 19) You're likely to encounter someone whose influence is both strong and unavoidable. A productive team is in the making.

AQUARIUS (Jan. 20-Feb. 18) Now is no time to rest on your laurels; strive to better yourself — particularly on the inside, where stress is brewing.

PISCES (Feb. 19-March 20) You may feel as though you are in the know, but the fact is that you are moving forward without a few key pieces of information.

ARIES (March 21-April 19) Now is no time to assume anything about those working closely with you. Indeed, their true motives may surprise you — and yours them.

TAURUS (April 20-May 20) While you think quite highly of yourself, you may well have reason to believe the criticism offered by another.

GEMINI (May 21-June 20) Your interest in the well-being of another is likely to be a guiding force throughout the day — and beyond.

Today in History

1497 The first recorded sighting of North America by a European takes place as explorer John Cabot spots land, probably in present-day Canada.



"Resurrection City," in D.C., was closed down by authorities on June 24, 1968.

1807 A grand jury in Richmond, Va., indicts former Vice President Aaron Burr on charges of treason and high misdemeanor. (He was later acquitted).

1948 Communist forces cut off all land and water routes between West Germany and West Berlin, prompting the western allies to organize the Berlin Airlift.

1968 "Resurrection City," a shantytown constructed as part of the Poor People's March on Washington, D.C., is closed down by authorities.

1975 An Eastern Airlines Boeing 727 crashes while trying to land during a thunderstorm at New York's John F. Kennedy

International Airport, killing 113.

2004 In a bizarre conclusion to a huge upset, the chair umpire calls the wrong score in the second tiebreaker, and Venus Williams falls 7-6 (5), 7-6 (6) to Karolina Sprem in the second round at Wimbledon.

lookout people



KEVIN WINTER/GOTTY IMAGES

Angelina Jolie gives us her best U.N. envoy sta- ... wait, that's someone else!

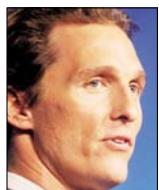
SNORE

Lazy Media Can't Be Bothered With a Headline

MEGAN FOX dismisses comparisons between her and Angelina Jolie as the product of a lazy media. The two actresses are both brunettes with tattoos who are known for their candor. Fox says the parallels are the product of a lack of media creativity, but adds, "you live with it." (AP)

ENERGY

Actor Talks About New Baby Like Its Cold Fusion



MATTHEW MCCONAUGHEY and girlfriend Camila Alves are expecting a second child. Writes McConaughey in a blog post: "Camila and I are expecting our second child, bringing more life into the world, making more to live for. The future looks bright as the family grows." (AP)

BABIES

Matt & Sarah Plus 3

SARAH JESSICA PARKER and **MATTHEW BRODERICK** are the proud parents of twin girls delivered by a surrogate mother. The girls were born Monday at an Ohio hospital. Marion Loretta Elwell weighed 5 pounds, 11 ounces, and Tabitha Hodge weighed 6 pounds. Hodge and Elwell are family names on Parker's side. "The babies are doing beautifully, and the entire family is over the moon," said a publicist. The couple also have a son, who's 6. (AP)



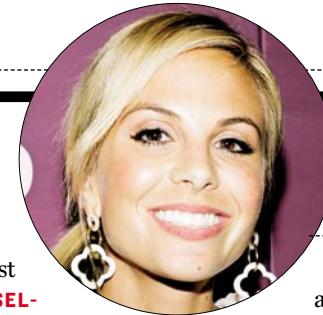
OOPS

Ghostwriter About to Be Out of Work

"The View" co-host

ELISABETH HASSELBECK

BECK has been accused of plagiarism. A lawsuit in Massachusetts alleges that Hasselbeck lifted "word for word" content from a book on celiac disease written by a self-published author on Cape Cod. Hasselbeck's book, "The G-Free Diet: A Gluten-Free



It's charmingly naive to assume she wrote a book.

"Survival Guide" has appeared over the last month on several best-seller lists. The lawsuit was filed by author Susan Hassett, who says she sent Hasselbeck a copy of her "Living With Celiac Disease" book as a courtesy after the TV celebrity disclosed she had the illness last year. (AP)

BLIND

And the Emmy for Willful Self-Deception Goes to ...

KATE GOSSELIN says in divorce papers that she and her husband, Jon, have been living "separate and apart" for at least two years, despite renewing their wedding vows in Hawaii last year. Kate Gosselin filed



for divorce Monday in Montgomery County Court in Pennsylvania, saying that her 10-year marriage is "irretrievably broken." She also says they have been unable to decide how to divide their assets. (AP)

CELEBRITY LAW Nothing Happens, Date For More Nothing Is Set

LIL WAYNE has appeared in court on drug possession and weapons charges in Yuma, Ariz. Lil Wayne was ordered by a judge to attend Tuesday morning's pretrial hearing. His attorney says he told the Yuma County Superior Court judge that the U.S. Border Patrol hasn't turned over records the defense requested months ago. The judge set another court date for Aug. 11. (AP)

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CROSSWORD | DO I HEAR RAIN?

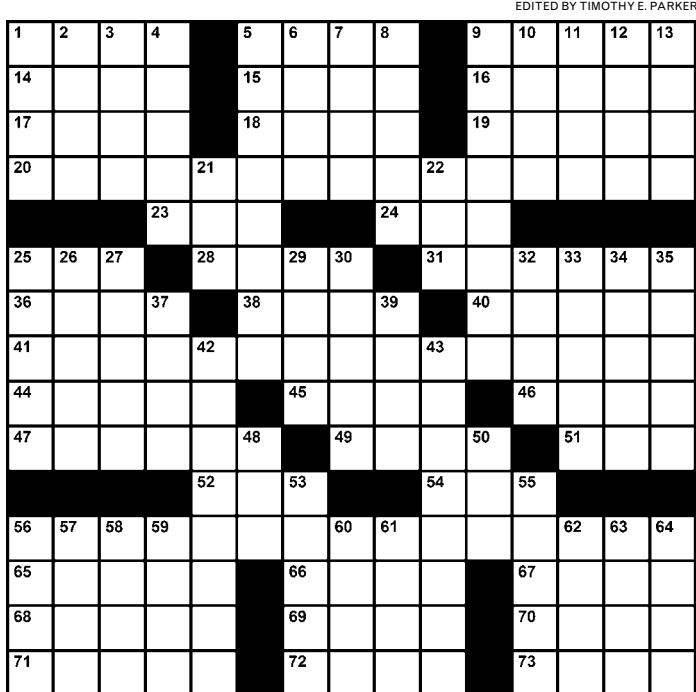
ACROSS

1 Uncooked side
5 Kind of hygiene
9 Turnpike toll area
14 Lighten, as a load
15 Power to kill a bill
16 "Slow and steady" storyteller
17 Nick at ___
18 EMT part
19 Drizzles
20 Brewer's filter filler
23 ___ fly (RBI method)
24 Roll of lawn
25 "I'll just bet!"
28 Planner's list
31 Golden Arches signature burger
36 Pub drafts
38 Unwelcome word at a china shop?
40 Avoid detection
41 Snow on a gingerbread house
44 Landline or mobile
45 Frequently guessed test answer
46 Air Force NCO
47 Farthest from left field?
49 Woman of Oman
51 Referendum option
52 Part of a drumbeat
54 What some caddies carry
55 Give many presents
65 "Moby Dick" ship co-owner

66 Muscle malady
67 Rejection notice
68 Resist letting go
69 American-born queen of Jordan
70 Creepy look
71 Grammatical no-nos
72 Wuldebeests
73 Not problematic

DOWN

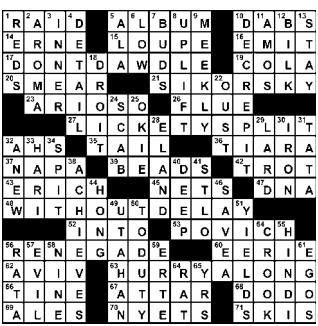
1 E-mail option
2 Where dragons chill?
3 "Spumante" starter
4 Cries buckets
5 Do too well
6 Notes before "fa"
7 Two fives for ___
8 Manor moguls
9 Weird Al Yankovic works
10 Table extender
11 "Highly unlikely!"
12 Sports-themed chain, ESPN ___
13 Domed-roof building end
21 Wise guy's weapon
22 Swan's pop
25 Gate fasteners
26 Kind of male or dog
27 Great blue bird
29 Dunderhead
30 "La Boheme," for one
32 Market
34 Looney Tunes
35 Sound from a mobster
36 "Measure twice,



cut once," e.g.
35 Altoids competitor
37 Trigonometry figure
39 One of the basic tastes
42 Funds for the future
43 Dart stabilizers
48 Pitch
50 Implore
53 Sound from a banjo
55 Theater divider

56 Org. that safeguards pets
57 "Port" or "copter" starter
58 Lena of "Romeo is Bleeding"
59 Took a turn
60 Screen graphic
61 Start of a commandment
62 Bug with bounce
63 Deadlocks
64 Full of vim and vigor

Yesterday's Solution



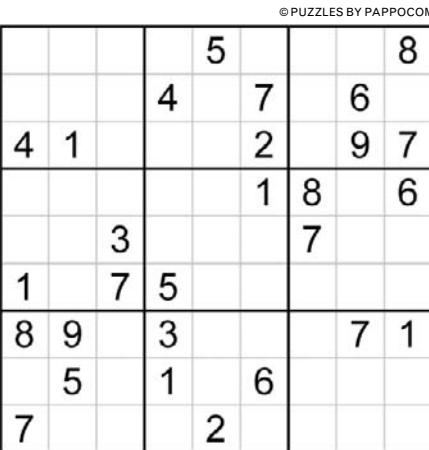
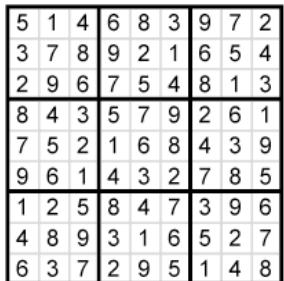
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Fill in the boxes so each row, column and 3-by-3 square includes the digits 1 through 9. See www.sudoku.com for solution, tips and computer program.

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Yesterday's Solution



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